Vol. 30, Issue 9 Columbus Air Force Base, Miss. March 3, 2006

News Briefs

Prayer Luncheon

All BLAZE TEAM members are invited to attend a prayer luncheon at noon March 13 at the Columbus Club. Cost is \$8 for an Italian buffet, and the dress code is uniform of the day. The Chief Chaplain of the Air Force, Maj. Gen. Charles Baldwin, will be the guest speaker. To sign up, call the chapel at Ext. 2500 by Monday.

USAF Leadership Award

AFPC is currently requesting nominations for the 2006 Lance P. Sijan USAF Leadership Award. This award recognizes the accomplishments of officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of their duties and the conduct of their lives Nominations may be submitted in the following categories: Senior Officer, Junior Officer, Senior Enlisted and Junior Enlisted. For more information, call the Military Personnel Flight at Ext.

CMSD Lottery

The Columbus Municipal School District is conducting a 2006 to 2007 K-4 School Choice Lottery. Applications are available at the Family Support Center. For more information, call 241-7400.

Vehicle decals

Year vehicle decals are now available at the visitor's center. For more information, call the center at Ext. 3161.

Inside



Sports

U.S. soccer team receives a visit from a celebrity while at Ramstein AB,





Senior Airman Ronnie Titus, 14th Security Forces Squadron, and Taneshia McKinney are greeted by Capt. Kevin McMahon, 14th SFS commander, after Senior Airman Titus' arrival to Columbus AFB after a deployment. Senior Airman Titus was one of five Airmen to return from deployment to the No. 1 small unit security forces squadron in Air and Education Training Command here.

Securing the future of Columbus

14th Flying Training Wina

The 14th Security Forces Squadron was distinguished as the Best Small Unit Security Forces Squadron in Air Education and Training Command for the second consecutive year.

Operational Readiness Inspection in and ammunition valued at \$350,000. May really set us apart from the other AETC Security Forces units," said Maj. Shannon Smith, 14th SFS commander.

Senior Airman Cecilia Rodriguez "The 14th SFS was the only small unit training for more than 790 wing perin the command to garner an overall 'Excellent' rating from the AETC Inspector General throughout 2005."

The IG Team praised the squadron's resource protection, antiterrorism and hours of weapons and tactics instrucunit mobility programs, as well as its tion for Columbus AFB's Fundamental "The troops' performance during the accurate accountability of weapons Training

rity forces members:

* Instructed weapons qualification

sonnel, resulting in a 99 percent qualification rate - the highest for any

* Provided more than 330 manarmory procedures, which allow for Air Expeditionary Force Skills

* Managed four munitions accounts Throughout the calendar year, secu- and a government purchase card program with zero discrepancies, and a

See **FORCES**, Page 2

COLUMBUS AFB TRAINING TIMELINE

Phase II				Phase III				Wing Sortie Board			
	Senior	Squadron			Senior	Squadron		Aircraft	Required	Flown	Annual
Squadron	Class	Overall	Track Select	Squadron	Class	Överall	Graduation	T-37	133	143	12189
37th (06-15)	7.07 days	0.10 days	April 3	48th (06-06)	2.31 days	2.00 days	March 10	T-38C	64	71	5405
41st (06-14)	2.40 days	-3.01 days	March 8	50th (06-06)	1.48 days	3.99 days	March 10	T-1A	57	57	5478
Graduation speaker: Maj. Gen. Harold Cross, Mississippi National Guard Adjutant General											

2 SILVER WINGS March 3, 2006

NEWS

BLAZE stars and stripes



The 14th Flying Training wing congratulates the March enlisted promotees. Pictured are: (front row) to Airman: Jacquelyne Ford, 14th Services Division; to Airman first class: Antonio Huguley, 14th Mission Support Squadron; Silvestre Gonzales, 14th Operations Support Squadron: Lynnette McCarrier, 14th Medical Operations Squadron: Montrial White, 14th Comptroller Squadron; to senior Airman: Jonathan Boyd, 14th Civil Engineer Squadron; (back row) to senior Airman, Jason Rieder, 14th OSS; Christine Mounts, 14th MDOS; Rory Peters, 14th CES; John Gaffey, 14th Security Forces Squadron; Akiro Davis, 14th Communications Squadron; to staff sergeant: Evangeline Guidry, 14th Mission Support Group; Hyun Park, 14th SVS; to technical sergeant: Robert Shoemake, 14th SFS.

FORCES

(Continued from Page 1)

government travel card program with zero delinquencies

* Secured 414 transient aircraft valued at more than \$59 billion

But the squadron's efforts did not exclusively impact the Columbus AFB mission. Its disciplined troops provided security for high-profile leaders, namely Secretary of State Condoleezza Rice, chairman of the Joint Chiefs of Staff

Gen. Richard B. Myers and the United Nations General Assembly. Deployed security forces Airmen were also responsible for securing an \$8 billion gold shipment – the largest coalition funds movement in the Operations Iraqi and Enduring Freedom area of responsibility.

More than 6,840 man-days were dedicated to supporting wartime operations

In fact, the squadron welcomed home its fellow members from a six-month deployment Tuesday evening, only to say

good-bye to its next rotation of expeditionary Airmen the following morning.

"More than half of the squadron's members deployed during 2005, and all performed brilliantly in the Global War on Terrorism abroad," Major Smith said, who is currently deployed to Southwest Asia in support of the same effort. "Just as importantly, when key members of the unit are deployed, younger officers, NCOs and Airmen step up, fill the void and continue to make great things happen."

1st Lt. Nolan Foster 14th Civil Engineer Squadron

The 14th Flyina Trainina Wina recognizes Lieutenant Foster on his selection to represent Columbus AFB at Air Education and Training Command's rugby camp. Congratulations and good luck.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 33 BLAZE TEAM members are deployed worldwide

Remember to support the troops and their families while the are away



SILVER WINGS

How to reach us

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.

Building the world's best warriors, leaders and professional military pilots

SILVER WINGS March 3, 2006

Air Force implements new cell phone restriction

The Air Force has implemented a new cell phone restriction for drivers.

Since Monday, drivers are not allowed to talk on their cell phones while driving on Air Force installations without a hands free device, as part of the Department of Defense's Joint Traffic Guidance.

This restriction also applies to all government owned vehicles, or GOVs, at all times. No GOV drivers are permitted to talk on a cell phone while driving without a handsfree device on or off base.

"This is really a cooperative effort for everyone from the base populace to the base leaders," said Master Sgt. Gloria Ornelas, the superintendent of law enforcement for Air Force Security Forces. "I think it is long overdue. The DOD recognized that, and we are now in line with what some states and municipalities are doing to create a safer environ-

Joint Traffic Regulation, Air Force Instruction 31-218 (I), Motor Vehicle Traffic Supervision, will restrict the use of cell phones while driving. Only cell phones with hands-free devices will be allowed for use by drivers. This guidance also allows the Air Force to use portable breath screening devices as long as they conform to National Highway Traffic Safety Administration standards.

The Defense Department's joint traffic document states: "Vehicle operators on a DOD installation and operators of government owned vehicles shall not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device.

"The wearing of any other portable headphones, earphones or other listening devices (except for hand-free cellular phones) while operating a motor vehicle is prohibited. Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles, and human speech. DOD component safety guidance should note the potential for driver distractions such as eating and



U.S. Air Force photo illustration by Senior Airman Brian Ferguson

Drivers are not allowed to talk on their cell phones while driving on Air Force installations without a hands-free device. This violation will now be considered a "primary offense," which means violators will be stopped solely for this offense. This policy is part of the Department of Defense's Joint Traffic Guidance. Drivers who violate this restriction will be given three assessment points against their driving records or an appropriate fine.

drinking, operating radios, CD players, global position- if two or more violations are committed, even on a single ing equipment, etc. Whenever possible this should only be done when the vehicle is safely parked."

Using a cell phone while driving without a hands-free device will be considered a "primary offense." This means violators will be able to be stopped solely for this offense.

will be given three assessment points against their driving safer driving environment for all." (Courtesy of Air Force records or an appropriate fine. Drivers should be aware that Print News)

occasion, a ticket may be given to the driver for each viola-

"It was recognized at the DOD level that we needed some changes," Sergeant Ornelas said. "The winner here is the base populace. They will have more mobili-Drivers who violate this cell phone driving restriction ty while driving, a greater range of view -- in short, a

Defense Department working to prevent sexual assault

Prevention and Response.

Department leaders are committed to preventing sexual assault, said the commander of the Department of Defense's Joint Task Force for Sexual Assault

"To achieve this goal, in 2005, we have vigorously implemented a comprehensive sexual assault prevention and response program," said Brig. Gen. K. C. McClain. "The keystone of the program

is education and training." The education and training portion of the program is being applied to everyone in DOD, she said, adding that all of the able. services completed baseline training of their members during 2005.

"It's also incorporated in all of our professional military education curriculums," General McClain said, as well as in pre-deployment and pre-command training. "So we're trying to hit every implies, does not limit who a service-

understand what constitutes sexual action will initiate not only an investiga-

The department's sexual assault pre- offered through the program. vention and reporting policy also aims to enhance care and support available to sexual assault victims, as well as to increase accountability, the general said. The investigative process initiates accountability, she explained.

"If we have a member who has been assaulted, we certainly want to investigate that," General McClain said. "We want to hold the perpetrator account-

Initially, if a victim told anyone other than a chaplain about the assault, the investigative process began, she said. In June, two reporting options were introduced: unrestricted and restricted.

Unrestricted reporting, as the name

opportunity available to help people member tells, General McClain said. The tion, but also the care and counseling

> But because victims often report a sense of powerlessness after an assault, the thought of an immediate investigation can be overwhelming, she said. This can lead to the victim telling no one and receiving no care or counseling.

Restricted reporting, on the other mation collected will be revealed only to hand, allows a victim to seek counsel from health-care personnel, victim advocates, sexual assault response coordina- those people who have a need to know tors or chaplains, she said.

"What this does is allow the member to come forward, to get accurate information as to what the options are and to feel they have lost," General McClain

restricted reporting, and some of those people then later change their mind and become unrestricted," she said. "(That) is exactly what we had hoped for.'

General McClain recommends that sexual assault response coordinators be the first contact. These individuals will assign a victim advocate to collect information, explain options and help execute the chosen course of action. The inforthose who need to know.

"They should still expect that only are informed as to what happened in this incident." General McClain said.

All sexual assault victims, regardless of which reporting procedure they get back some of that power that some choose, can expect to be offered a victim advocate and to be treated with dignity and respect, the general said. (Courtesy of "We do have some people electing Air Force Print News)

SILVER WINGS A SILVER VIII 3, 2006

Building the world's best warriors, leaders and professional military pilots

From blue to green



Army 1st Lt. Lea Lato stands at attention while 2nd Lt. Samantha Shoemaker. SUPT Class 06-11 (left), and Lato's mother, Jane Gauger (right) pin on her rank. Lieutenant Lato was commisioned into the Army as a first lieutenant Feb. 24 after being in the Air Force for two years.

UCMJ Files

The following is the staff judge advocate report for Oct. 1, 2005 to Dec. 31, 2005. Administrative and disciplinary actions are published to educate people on the possible consequences of misconduct.

Articles 15

- ☐ A senior Airman from the 14th Flying Training Wing received a reduction to the grade of E-3, 30 days of extra duty, and a rep- and adultery. rimand for assaulting another Airman on two
- ☐ A Senior Airman from the 332nd Recruiting Squadron received a reduction to the grade of E-3 for being late for duty on two occasions, and for dereliction of duty (failed to perform multiple duties as required).
- ☐ A Senior Airman from the 14th Mission Support Group received a reduction to the grade of E-3, 14 days of extra duty, and a reprimand for assaulting another Airman, damaging assigned government housing, and failing to report to duty at the time prescribed.

- ☐ A Technical Sergeant from the 14th Mission Support Group received a reduction to the grade of E-5, suspended forfeiture of \$1,225 pay for two months, and a reprimand for reckless driving while under the influence of alcohol and drunk and disorderly conduct.
- ☐ A first lieutenant from the 14th MSG received suspended forfeiture of \$500 pay for two months and a reprimand for fraternization

Administrative discharges

- ☐ A Senior Airman from the 14th MSG received a general discharge for a pattern of misconduct. The member had a record consisting of two Articles 15 and one Letter of
- ☐ A senior Airman from the 332nd RCS received a general discharge for minor disciplinary infractions. The member had a record consisting of three Article 15s, three Letters of Reprimand, and one Record of Individual Counseling.

WIC assists families with healthy living

The Mississippi State Health Department and the Family Support Center have partnered to provide Women, Infants and Children appointments on the base twice a month.

The WIC program assists families whose income qualifies them for nutritional assistance and include: * Pregnant women (through pregnancy and up to six weeks

- after birth or after pregnancy ends)
- * Breastfeeding women (up to infant's first birthday)
- * Nonbreastfeeding postpartum women (up to six months after the birth of an infant or after pregnancy ends)
- * Infants (up to first birthday) WIC
- * Children up to their fifth birthday
- WIC-eligible families face two types of major nutritional risks: * Medically-based risks (designated as "high priority") such as
- anemia, underweight, maternal age, history of pregnancy complications, or poor pregnancy outcomes.
- * Diet-based risks

Nutritional risk is determined by a health professional. The FSC has a registered dietician from the Health Department to evaluate clients based on federal guidelines.

This health screening is free to program applicants. The benefits of being part of the WIC program are free supplemental nutritious foods, nutrition education and counseling, and screening and referrals to other health, welfare and social services.

Once certified, families are able to pick up WIC supplemental packages two miles from the front gate at a new building on Highway 45 across from the Oakdale Park neighborhood.

WIC packages include iron-fortified infant formula and cereal adult cereal, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese, peanut butter, dried beans/peas, tuna fish and carrots.

WIC is a Federal grant program for which Congress annually authorizes a specific amount of funds. The program is available in all 50 states, 33 Indian Tribal Organizations, Guam, Puerto Rico and the Virgin Islands.

These 88 WIC State agencies administer the program through 2,200 local agencies. Of the 7.63 million people enrolled in WIC during fiscal year 2003, about 3.82 million children, 1.95 million infants and 1.86 million women received benefits each month.

Income eligibility is determined by total income and the total number of family members. Generally, a couple with one child, or those expecting a child who have a total income of approximately \$29,700 (or \$2,480 per month) could qualify for this program.

For each additional family member, the income eligibility is increased about \$6,000 annually.

To find out necessary documentation for WIC qualification or for an appointment, call the FSC at Ext. 2790. Appointments are limited (Courtesy of the 14th Mission Support Squadron)

DUI status

"Don't Drink and Drive"

Last DUI: Feb. 11, 2006 Days since last DUI: 20

Unit: 14th Civil Engineer Squadron



AF has no room for unprofessionalism

Airmen under-

stand popularity

of a policy is no

basis for compli-

ance or

enforcement."

Lt. Col. Gerard Rowe 43rd Flying Training Squadron

While Air Force manpower requirements will shrink in the coming years, the Air Force mission won't. Our reliance on those serving in blue will become increasingly pivotal to mission success. We must recruit and retain only the highest caliber professionals.

I'm no expert on recruitment, but I have plenty of thoughts. My current job as a Standardized Undergraduate Pilot Training instructor pilot provides a glimpse into who the service has recently recruited. I train some of the newest Air Force officers, and I am almost always impressed. It's amazing how the Air Force continues to recruit the highest quality people from a society where standards of conduct and behavior seem to be decreasing. As a

student of history, I realize this is not a new challenge. My hat's off to those who recruit for the U.S. Air Force.

I am an expert on retention. In fact, so are you. If you wear the uniform, you are integral to the retention of those around you — including yourself. In my role as commander, my

actions have a significant impact on those assigned to my squadron, including retention. It is part of my duty to

retain professionals. It's also my job to

mentor people on what being a professional means. "Professional

Being a professional Airman means complying with and enforcing all aspects of the profession — even those aspects you don't like. The Air Force needs problem solvers and critical thinkers, but not those who choose "convenient professionalism." That's

the term I use to define the practice of only selecting which aspects of the Air Force you embrace and enforce, yet con-

tinuing to claim that you are a professional. Professionals prioritize their time and efforts for both themselves and for those they supervise. They do not use convenience as a measure of merit. They attempt to understand aspects of the profession that seem unpopular. Professional Airmen understand popularity of a policy is no basis for compliance or enforcement. Professionals make necessary changes when they have authority. Professionals attempt to understand change when they are subordinate. Professionals don't fear the repercussions of their actions. Professionals police themselves.

As the newest round of personnel reductions near, you can be assured the Air Force will retain its professionals. Should that include you?



WHO'S YOUR WINGMAN?

THERE ARE SOME THINGS IN LIFE THAT JUST WEREN'T MEANT TO BE HANDLED ALONE ...

IF YOU NEED A WINGMAN THE BASE CHAPLAIN, THE LIFE SKILLS COUNSELORS, AND THE PEOPLE AT 1-800-SUICIDE (784-2433) ARE READY TO HELP.

ONE SUICIDE IS ONE TOO MANY



Straight Talk Line

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential.

Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blazeweb at https://columbusweb and the main Web site at www.columbus.af.mil. Questions and answers will be edited for brevity.

Wingman's Corner: There's no such thing as a victimless crime

Dr. Mario Mercado Kirsten Hawley 14th Flying Training Wing

Do people's actions ever make you wonder, "What are they thinking?"

For example, you look at the car that pulls up next to you at the traffic signal. Their children are in car seats, all of the windows are rolled up and the parents are smoking to the point where there's a cloud inside the

econd-hand smoke is known to be dangerous. It's not the cancer, it's not the emphysema or the coronary heart disease that may result from second hand smoke; it's the fact that we can promote a healthier way of life if we put everything into perspective.

If the average cost of cigarettes is \$3 a pack, and a person smokes one pack per day, that equates to \$90 a month or \$1,080a year. Over 25 years, that's about \$27,000.

Now, if you take \$3 a day and put it in the money market for 30 years at the historical money market rate of 11 percent, that equates to a savings of about \$241,900. What could you do with that kind of extra

Then, we have to look at alcohol. How much is one evening out at the local tavern? Only \$10. Let's say you only do it twice a week. Well, that's fine - but what about the spouse at home? How about the kids? What lessons are the children learning? It's hard to face up to that with an answer that is acceptable to your spouse.

Inconsideration for those who can't speak up for themselves is witnessed during the summer months when children are left in the cars while mom or dad runs in a store for a minute. That's a crime — it's against the law in many jurisdictions. Worse, it may result in the death of the child and possible manslaughter charges.

Is it cigarettes, extreme weather, and perhaps alcohol that are wrong? No, none of these are wrong per se. It's the poor choices people make in consideration of their parental and family responsibilities. With every choice a person makes comes natural and logical consequences.

There is no such thing as a victimless crime. Someone is always influenced or affected by the choices everybody makes. The term victimless crime is a facade. We live what we learn.

Civic leader tour 2006



Tourist arrived at Patrick AFB, Fla., after watching two F-15Es from Tyndall AFB, Fla., refuel in flight. Attendees also received a close up of a KC-135R cockpit.





Civic Leader Tour guests view the newest Air Force fighter F/A-22 Raptor as Col. Matthew Molly, Tyndall AFB's 325th Operations Group commander, speaks on the aircraft's capabilities, functions and system operations.



Col. Stephen Wilson, 14th Flying Training Wing commander, discusses the Civic Leader Tour's itenerary to Richard Dobbins, owner of the Columbus Backyard Burgers and Mike Hainsey, deputy director of Golden Triangle Regional Airport.

Spring break trip to Orlando: Register at the information, ticket and travel office for this trip to Orlando, Fla., March 26 to March 30. Cost is \$415 for one person, \$265 each for two people in the same room, \$215 each for three people in one room and \$190 each for four people in one room. Cost includes transportation, four nights lodging and shuttle service while in Orlando. Discount Disney tickets are available at the ITT office. For more information, call Ext.

Lunch buffets: The Columbus Club offers an all-you-can-eat lunch buffet from 11 a.m. to 1 p.m. Tuesday through Friday. Tuesday's new menu includes meat loaf, Southern fried pork chops, veggies and homemade apple pie. Wednesday's menu features a southern comfort buffet with fried chicken, smoked brisket and cobbler. Thursday is backyard barbecue and Friday's menu is a bonsai buffet with teriyaki chicken, beef vegetable stir fry, fried rice and egg rolls. Cost is \$5.50 per person and includes iced tea or lemonade. Call Ext. 2490.

Crafts classes: The arts and crafts center's upcoming crafts classes for March feature seasonal projects. Adult classes are at 10:30 a.m., 2:30 p.m. and 6:30 p.m. Tuesdays. Upcoming for \$1 chocolate chip cookie speclasses include a St. Patrick's welcome sign, a mosaic patio stone, a picket fence Easter door hanging and a Easter bunny door hanging.

The youth classes are offered Wednesdays at 11:30 a.m., 2:30 p.m. and 4:30 p.m. Upcoming sage board. Cost is \$15 and classes include straw hat lep- includes all supplies. Make a rechaun, a St. Patrick's door boy's or girl's toy box in the hanging, a personalized pillow case, a bunny bell necklace and a

Big winner



Tamika Smith, bowling center recreation specialist, presents Marilyn Orange with \$300 for her winning bingo ticket alongside her husband, Army Sergeant 1st Class Jimmie Orange, and children Artray and Jimmieka Orange. Base personnel can play quick shot bingo at the bowling center and at the Columbus Club during lunch, Thursdays during Boss and Buddy night and at the enlisted lounge Friday nights.

Participants must register at least four days prior to the class date. Call Ext. 7836 for more

Free automobile maintenance classes: The auto hobby shop offers a free minor maintenance class for ladies Tuesdays at 5:30 p.m. Call Ext. 7842 for more information.

Cookie special: The bowling center is celebrating National Chocolate Cookie week Monday through March 10 with a four cial. Call Ext. 2426.

Home decor workshops: The arts and crafts center offers a class at 10:30 a.m. and 6:30 p.m. March 16 to make a mesclass at 10:30 a.m. or 6:30 p.m. March 30. Cost is \$30 and includes all supplies. Register at A display of all projects is least four days prior to the class

more information.

veterinarian will conduct a clinheld the first and third Wednesdays of each month.

Missoula Performing Arts experience for families through **Camp:** The youth center is taking applications until March 10 for teens, ages 14 to 18, interested in performing arts. This camp will be held July 16 to July along with a video of the teen performing to the youth center by the deadline. For more information on the camp, visit www.mctinc.org and click on "MCT and the Military" or call the youth center at Ext. 2504.

Parent/teen outdoor adven-

Veterinary clinics: The base reserve, their spouses and dependents, ages 12 to 14. The ic March 15. Clinics are usually camp, lodging and meals are free. need apply one time. The If selected the participants must Grizzlies Foundation staff will pay for their own transportation give winning families at least Call Ext. 2281 Wednesdays to the camp. Camp is June 25 to one week's notice before the from noon to 5 p.m. for an July 2 in Colorado Springs, Co. game to coordinate plans to The week long program is attend. For more information, focused on creating a bonding call Ext. 7861. participation in various outdoor and indoor activities. Each per- a self-help car wash located son must be able to participate behind the youth center on in a high and low ropes course, Ninth Street. Cost is \$1 for five rock climbing, hiking, horse- minutes and customers may add 22 and again July 23 to July 29 back riding, white water rafting a quarter fbefore the time ends in Missoula, Mont. All expenses and more. Deadline for submit- for an extended wash. Call Ext. will be paid including travel, if ting an application is April 5 at 7842. selected. Turn in an application the youth center. Call Ext. 2504 for more information.

Club sponsored contest until judged in four age categories: active duty Air Force, Air Force within the last year. Photographs call Ext. 2490.

following categories: color process, black and white process; alternative process such as pinhole cameras, polaroid transfers, photo screen printing, photo etching and photograms; digital and photo essay. Photographs must not exceed 8 x 11 inches and must be matted. A negative must accompany each photograph (submit a diskette for digital entries). For more information, call Ext. 2504. Memphis Grizzlies honor military families: Military

must be entered in one of the

families may enter a drawing for the opportunity to attend a 2006 Memphis Grizzlies home game by picking up an application at the information, ticket and travel office. The winner will receive passes to a game for up to 10 family members, two parking passes and a \$10 concessions voucher per person.

The chosen servicemember must have been deployed to the Middle East during the last four years for a period of no less than six months as a member of the U.S. armed forces.

Eligible applications will remain in the drawing for every home game so families only

Self-help car wash: There is

Boss and buddy night: The Columbus Club offers an all-ImageMakers National ranks boss and buddy night **Photography contest:** The from 4 p.m. to 8 p.m. Thursdays youth center is accepting in the Landing Lounge. A free entries into this Boys and Girls taco bar is available for club members and nonmembers pay March 10. Entries will be \$2.95. Wings are 25-cents each for club members and 50-cents ture camp: The youth center is ages 9 or younger, ages 10 to 12, for nonmembers from 4 p.m. to accepting applications for this ages 13 to 15 and ages 16 to 18. 7 p.m. Beverage specials are also available in the arts and crafts start date. Call Ext. 7836 for program open to families of Pictures must have been taken available. For more information,

Chapel Schedule

Catholic

Sunday: 9:15 a.m. — Mass 10:30 a.m. — CCD 5 p.m. — Confessions 5:30 p.m. — SUPT Mass Tuesday: 7 p.m. -- RCIA

Protestant

Sunday: 9 a.m. — Adult and children's Sunday School 10:30 a.m. - Contemporary service at the services complex 10:45 a.m. — Traditional worship service at the chapel sanctuary Monday:

7 p.m. — Bible study fellowship Wednesday:

11:30 a.m. — Lunchtime study 5 p.m. — Pot luck supper 6 p.m. — Video study

A Case for Kids Pioneer Clubs

Thursday: 9 a.m. -- Ladies Bible Study For information, call Ext. 2500.

Base Notes

COSC fashion show

The March Columbus Officers' Spouses' Club Social will be held at 6 p.m. March 14 at the Columbus Club. The menu includes baked cod and will be served at a cost of \$14. Columbus Club members receive a \$2 discount. New members are welcome. For reservations, please contact Jennifer Wood via email at woodtjig @cablone.net or call 425-6059 by noon Thursday.

Yard inspections As a reminder, on random Wednesdays

of each month, squadron and group commanders conduct yard inspections. There are at least two inspections every Free childcare month, so residents are encouraged to have yards in inspection order every Wednesday at 7:30 a.m. The family housing brochure, Columbus AFB Pamphlet 32-6002, includes the inspection standards and is available at the housing of departure or arrival. For more inforoffice. For more information, call the mation, call Sharon Nichols at Ext. 2790. office at Ext. 7276.

Garage sales

ted the first Saturday of every month. Advertisements for sales are limited to yard signs or ads in the base paper only. Signs must be no larger than 2 feet by 2 feet. Displaying signs on utility poles and street signs in prohibited. Advertising yard sales in the local media, excluding the base newspaper, is also prohibited. People may locally advertise individual items for sale, such as automobiles, boats, washers, dryers or refrigerators. Columbus AFB housing areas are located on a federal installation and the civilian public may only enter a military installation on official business, open house functions or social visitations. Yard and carport sales do not fall within these criteria.

Student Spouse workshop

Past, present and future student spouses are invited to a ceramic painting workshop at 9:30 a.m. and 6:30 p.m. Thursday at Kaboodles. Prices of the ceramics vary upon items chosen, and spouses will receive 15-percent discount on purchased items. For questions, more information or to RSVP, call Allison Adair at 434-8714.

Family Support Center

(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)

Deployment briefings

Pre-Deployment Briefings are held daily at 9 a.m. Family members are encouraged to attend. For more information, call Ext. 2974 or Ext. 2790.

Spouse welcome

A welcome reception for spouses new to Columbus AFB is from 10 a.m. to 11 a.m. every Wednesday at the Magnolia Inn Lobby. Spouses will receive gifts and information about the family support cen-

The Childcare for PCS program offers up to 20 hours of free childcare per child for active-duty Air Force people arriving at or departing from Columbus AFB. Certificates are available within 60 days Smooth move

Local employment

A workshop about employment oppor-On-base garage sales are only permit-tunities with local businesses, the 14th

Forward march



Senior Airman Michael Haney, 14th Communications Squadron and class leader, takes control over his flight. Airman Leadership School class 06-3, during a drill practice Wednesday. The class is scheduled to graduate from ALS on March 29.

Services Division and the government is Credit reports from 1 p.m. to 2 p.m. every Wednesday. Participants can learn how to obtain Resumes and other job applications will

also be discussed.

Single Parents Group

Columbus Club Happy Lounge.

All BLAZE TEAM members who are

single parents are invited to attend a

meeting at noon Wednesday at the

A workshop for relocating families is

one free credit report from three major credit reporting agencies in the southeastern United States and learn what to look for on a report at 11 a.m. March 9. Sponsorship training

A workshop designed for all unit intro-Government applications duction monitors is at 9 a.m. Tuesday.

Training includes the importance of A workshop on federal employment and the Small Business Administration is effective sponsorship and resources available for both sponsors and newcomers. from 2:50 to 3:45 p.m. March 16.

TAP workshop

A transition assistance workshop for personnel who are within one year of retirement or separation from the military is from 7:30 a.m. to 4:30 p.m. March 14.

Single Parents Group

from 2 p.m. to 4 p.m. March 7. Participants Single Parents are invited to bring will learn what to expect from the travel their children to the Services management office, housing, military pay, Community Center at 1 p.m. March 11 legal, billeting, Tricare and the family supfor food and activities. For more information, call Ext. 2631.

AROUND TOWN

SILVER WINGS 13 March 3, 2006

Noon Tunes: This event will be held at the Trotter Schoolfor Mathematics and Science in conjunction with mation on the MOPS group, call 327-2010 or e-mail March 16 with food and entertainment. For more infor- call (800) 327-2686. mation, call 325-6305.

Winter Jam 2006: This event will is at 6 p.m. March 16 the BancorpSouth Center in Tupelo, Miss., featuring the Newsboys, Toby Mac, NewSong, Zoegirl, Hawk Nelson, speaker David Nasser and a Sphere of Fear motorcycle stunt show. Cost is \$10. For more information, call (662) 841-6528.

tumed guides will lead narrated candlelight tours of Seventh St. North, Suite 5, in the Plaza Building. historic Friendship Cemetery, site of the first Memorial Day observance in April, 1866. Admission is \$2 per person for non-students and \$1 per person for students. Tours begin at 7 p.m. and the last tour begins at 9:30 p.m. This event is sponsored by Mississippi

Convention Center Courtyard from 11 a.m. to 1 p.m. the annual Spring Pilgrimage. For more information info@hopems.org.

Columbus Historic Foundation for schedules of historic homes open for tours. For admission or more information, call (800) 920-3533.

Community Volunteer Center: People in search of volunteer opportunities can contact the Community Tales from the Crypt: Beginning March 27, cos- Volunteer Center at 327-0807, or visit the office at 501

> MOPS: Mothers of Preschoolers meet each month exchange clubofcolubusms@yahoo.com. during the school year on the second and fourth Tuesday from 9 a.m. to 11 a.m. for a social and guest speaker. Child care is provided onsite. For more infor- or www.tupelo.net.

American Indian Artifacts Museum: This museum Daily historic home tours: The public is invited to is located in Columbus and holds Native American artidrop by or call the Mississippi Welcome Center or facts dating back hundreds and thousands of years. Tours are available to individuals or groups by appointment. For more information, call Byron and Alice Weeks at (662) 251-1125.

> Exchange Club: The Exchange Club of Columbus meets at noon Thursdays at the Columbus Country Club. The organization is a community service group dedicated to programs and projects that aid in the prevention of child abuse. For more information, e-mail

> For more event listings, visit www.columbusms.org.

BARGAIN LINE

Bargain Line adversible and contract employees. Bargain Line advertisements must be turnoon Monday to be included in the follow Reruns must be phoned in to the Silver Vire-submit ads for rerun on this form. Adbers will not appear in the ads. Advertisements for private businesses or anot appear in the Bargain Line. They may form completely. The Silver Wings staff	embers (included in to the wing week's in Vings office, rertisements services provers, however, included in the control of the	uding guard and reserv Silver Wings office in assue. Late ads will be h 434-7068, by noon Mo should contain a home iding a continuous soun be purchased through	the 14th Flying Traineld over for the next enday for inclusion in the phone number, home rece of income, such as the Silver Wings pul	ning Wing head issue. In the next week's a address or both is baby-sitting or 1	quarters building by issue. Please do no n. Duty phone num rental property, may
Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
Print advertisement					
Name					
Home Telephone #		Duty Telephone # . (in case we need more			
Please let us know what you thin Are you happy with the Silver Wings? What would you like to see more of ir If you would like to give any other su	Yes 🗖	No □ aper? News □ S	ports Photos (erwings@columbus.	_	

Renter's Insurance While the Air Force may reimburse people for some losses in government quarters, it does not provide the coverage provided by a regular insurance policy. Renter's insurance can While the Air Force may reimburse people for some losses in government quarters, it does cover losses sustained from natural disasters, property theft and more. This may prove especially important for deploying airmen leaving their household goods behind. Contact a first sergeant or an insurance agency on how to protect homes and personal property.

SPORTS

New protein study a real eye opener

BROOKS CITY-BASE, Texas -- Warfighters will human performance-enhancing potential of such supple- McQuade said. never have the ability to leap tall buildings in a single bound, but a specialized whey protein supplement under study here could enhance mental and physical perform-

was launched Feb. 3 as part of an operational readiness initiative. It is being conducted in collaboration with the here. GNC Corp. of Pittsburgh.

The focus of the study is specialized whey protein. Historically, its non-modified form has been used to build muscle supporting increased physical conditioning. AFRL scientists hope this research will eventually provide the Air Force with a non-pharmaceutical option -one that enhances alertness and physical strength in warfighters exposed to sleep deprivation and workloads associated with stressful operational environments.

The study came about when Col. Breck Lebegue, a sci- McQuade said. entist here, observed Soldiers and Marines using supplements in Kyrgyzstan in 2004.

"These guys are going to battle at 10,000 feet elevation while hauling 100 pound packs. That's hard work -- living and surviving in that kind of environment which is mentally and physically challenging," said Colonel Lebegue, and protection branch.

Colonel Lebegue wanted to find out if there was an operationally relevant need to scientifically verify the necessarily physically and mentally alert," Captain

to support the team and meet with fans.

Carey'ing support overseas

team played against Poland Wednesday in Kaiserslautern. Mr. Carey came as a surprise guest to the rally

for these supplements with Col. (Dr.) James Wright, A double-blind Air Force Research Laboratory study Hurlburt Field, Fla., and a former U.S. Air Force School period. of Aerospace Medicine scientist in hyperbaric research

> study's principle investigators and Human Fatigue Neurosciences Team chief, conducted an informal survey on supplement use among 720th Special Tactical Group

> "I asked the 12 volunteers what supplements they used and where they got them. These guys knew more about supplements' effects from reading men's muscle maga-

He also learned that the survey respondents felt eight-week period. stronger and believed the supplements worked.

"The only thing they had to measure supplements against were (conditioning) workouts in the gym," he

What makes AFRL's whey protein study different from the aerospace medicine chief of the aircrew performance past research on human performance, its principle investigators say, is it's not limited to cognition.

"We've had research to keep subjects awake, but not

AFRL researchers will be evaluating whey protein's He confirmed the special operations community's need effects on cognition and physical performance, as well as on body composition, memory and concentration involv-720th Special Tactical Group command surgeon at ing specific tasks conducted after a 24-hour sleep deprived

The study builds upon earlier research conducted by Dr. David Housh, a University of Nebraska exercise Last spring, Capt. (Dr.) Andy McQuade, one of the physiologist, who collaborated with GNC on supplement

> "They tested leg strength using the gym's leg extension machine," Colonel Lebegue said. He said Dr. Housh's tests verified that these supplements helped build strength and muscle mass.

In AFRL's study, half of the volunteers will be given modified whey protein, with the other half given a placezines and less from the science (literature)," Captain bo. They will also be subjected to modified physical fitness and cognitive tests while alert and fatigued during an

AFRL investigators said they also will be evaluating whey protein's effects on rebuilding and repairing overexercised muscle. They emphasized that this specialized supplement is not a steroid, which is illegal and potentially harmful to health.

Ultimately, this specialized supplement could prove to be the so-called "magic bullet" -- a non-addictive substance that keeps people alert. (Courtesy of Air Force Materiel Command News Service)

Sports Shorts

Volleyball sign-ups

Any BLAZE TEAM member wishing to play intramural volleyball should sign up at their squadron through their sports representative by April 3.

Volksmarch

A volksmarch/ fun run will begin at 7 a.m. March 17 in honor of Womens' history month. For more inforantion, call the fitness center at Ext. 2775.



Keeping America's citizens informed about Air Force missions, people, issues, and operations.

Vebsite: www.afnews.af.mil/safpanc/newslink/newslink.html ubscribe e-mail: join-panc_newslink@mercury.afnews.af.mil